



# ***Kentucky Transition News: Moving to Success!***

*Information about moving from high  
school to postschool environments*

Summer 2009

Volume I, Number 9

**W**elcome to ***Kentucky Transition News: Moving to Success!*** quarterly electronic newsletter. We provide information on transition for students with disabilities from high school to the community for professionals, students, and parents. If you have transition news you would like to share in the newsletter, contact Kathy Eversole, at [kathy.eversole@kedc.org](mailto:kathy.eversole@kedc.org).

***For more transition information, visit [www.TransitionOneStop.org](http://www.TransitionOneStop.org).***

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## ***Back to School Issue***

It's almost back-to-school time, and for school children with disabilities, that can mean fun, learning, and some big challenges.

Here are some quick website links that may help alleviate some of your concerns.

- [Back to School Tips  
Creating High Expectations and  
Building Resilience](#)
- [Back to School: Help for Children with  
ADHD & Learning Disabilities](#)
- [Educating a Child with a Disability: Back  
to School Checklist for Parents](#)

## **Transition in Kentucky - *Instructional Support Network News***

*Reprinted from KDE's ISN Newsletter*

### **Teaching and Learning Model to Maximize College and Workforce Readiness**

Aligning systems and structures involves collaboration and planning. In order for the state to create a focused teaching and learning model to maximize college and workforce readiness, collaboration and planning has taken place. The development of this plan is a result of Senate Bill 1.

Senate Bill 1 was signed by Governor Beshear on March 26, 2009. The bill called on the Kentucky Department of Education (KDE), in collaboration with the Kentucky Council on Postsecondary Education (CPE), to plan and implement a comprehensive process for revising the state's academic content standards. CPE President Robert King and KDE Interim Commissioner Elaine Farris and respective staffs developed a plan that includes a graduated timetable to ensure all provisions of the bill are completed by December 2010.

Along with KDE and CPE, the Kentucky partners include Kentucky General Assembly, Kentucky Board of Education (KBE), Education Professional Standards Board (EPSB), Legislative Research Commission (LRC), postsecondary chief academic officers (CAO), postsecondary institution content and college of education faculty, public P-12 educators, representatives from the business community, national content advisory groups, Collaborative Center for Literacy Development (CCLD), Kentucky Mathematics Center (KCM), Kentucky Science and Technology Corporation (KSTC) and educational consortia. These partners will ensure the revised content standards meet the requirements stated within Senate Bill 1:

- Focus on critical knowledge, skills, and capacities needed for success in the global economy;
- Result in fewer, but more in-depth standards to facilitate mastery learning;
- Communicate expectations more clearly and concisely to teachers, parents, students, and citizens;
- Be based on evidence-based research;
- Consider international benchmarks; and
- Ensure that the standards are aligned from elementary to high school to postsecondary education so that students can be successful at each educational level.

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### **New KDE Webpage Devoted to Transition**

The ultimate goal of the Kentucky Department of Education (KDE), Division of Exceptional Children Services (DECS) is the successful transition of all students from school to post-school activities - whether postsecondary education, vocational training, integrated employment, continuing and adult education, adult services, independent living or community participation. We also recognize that many other transitions occur over the course of the life of an individual.

To assist in reaching that goal, we are delighted to inform you that the Division of Exceptional Children Services (DECS) has launched a new page on our website devoted to TRANSITION. It is our sincere hope that you will find the page useful – especially as it continues to develop and more helpful resources are added – and that you will be eager to share it with others in your district and community. In addition, as you have time to review the new Transition page, be assured that we welcome your comments and suggestions.

When you click on the link provided below, you will notice that the body of the page highlights an existing website - Transition One Stop. Some years ago, the DECS partnered with many other agencies and individuals to develop Transition One Stop, and it ably serves as a resource around the different transition points that may occur over the course of an individual's life.

To view the new Transition webpage, just click: [DECS Transition Webpage](#). If you have comments or suggestions, email Johnny Collett at [johnny.collett@education.ky.gov](mailto:johnny.collett@education.ky.gov).

“You cannot hope to build a better world without improving the individuals. To that end, each of us must work for his own improvement and at the same time, share a general responsibility for all humanity.”

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## Back to School Tips

*Reprinted from KDE's ParentInfo*

### Back to School Tips

In the next few weeks, students across Kentucky will be returning to school. As a parent, there are several things you can do to help your child get a good start on a successful school year.

#### Sleep

If your children have become night owls this summer, it's time to start getting them back on a normal sleep schedule. Adequate sleep will boost a child's energy and enthusiasm as he or she heads back to school. Good-quality sleep also can help your child learn more easily and reduce many behavioral problems.

Experts estimate based on research, preschoolers (3-5 years old) need 10-13 hours of sleep. School-aged children up to age 12 need 10-12 hours of sleep per night. Teens need nine or more hours of sleep each night.

Of course everyone's needs are unique, and you should base your child's sleep schedule on his or her actual needs. Here are some tips from the National Sleep Foundation for making sure your child gets a good night's sleep:

- Set a regular time for bed each night and stick to it
- Avoid feeding children big meals close to bedtime
- Avoid giving anything with caffeine less than six hours before bedtime
- Make after-dinner play a relaxing time

- Establish a calming bedtime routine
- Try to go to bed and get up at the same time every day, even on weekends and during vacations

### Breakfast

It's easy, especially those mornings when you're running late to skip breakfast. But doing so may jeopardize your children's ability to concentrate and learn when they get to school.

Just like with other meals, try to feed your child a variety of foods for breakfast, including grains, protein, fruits and vegetables and milk, cheese or yogurt. If your child doesn't like traditional breakfast foods, be sure to offer nutritious alternatives. And don't forget about leftovers. They can be a good source of a non-traditional but nutritious breakfast. The American Dietetic Association (ADA) offers some sound advice for breakfast.

For those in a hurry, try these grab-and-go breakfasts from the ADA:

- Fruit and Nut Oatmeal: Add dried cranberries and almonds to instant oatmeal, and microwave for 60 seconds.
- Shake It Up, Baby: Whirl low-fat milk, frozen strawberries and a banana in a blender for thirty seconds. Drink it down with a whole-wheat bagel.
- Banana Dogs: Spread peanut butter in a whole grain hot dog bun; plop in a banana; and sprinkle with raisins.
- Breakfast Taco: Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half; and microwave for 20 seconds. Top with salsa.

As an alternative to fixing breakfast at home, many Kentucky schools operate a school breakfast program. Check with your child's school for prices and hours of operation.

### Keeping backpacks safe

Almost every student carries a backpack to and from school these days. If you've ever picked up your child's backpack, you know it can weigh a ton.

The American Academy of Pediatrics (AAP) offers these suggestions for keeping backpacks safe:

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the student's body weight.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles. Wearing a backpack on one shoulder may also increase curvature of the spine.
- Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. However, remember that rolling backpacks still must be carried up stairs. Be sure to check with your child's school to make sure backpacks with wheels are allowed.

### Getting to and from school safely

With the start of school, a lot more children will be out walking and biking to school as well as riding in cars and school buses. No matter what their age or mode of transportation, it's important to talk with your kids about simple safety rules. The following thoughts can serve as a reminder for all of us.

Although drivers of all vehicles are required to stop for a school bus when it is stopped to load or unload passengers, children should not rely on them to do so. As a driver it's always wise to expect the unexpected and be especially cautious in areas where children might likely cross your path.

The National Safety Council encourages parents to teach their children these school bus safety rules:

#### Getting on the school bus:

- Wait for the bus away from traffic and the street. Avoid roughhousing or other behavior that can lead to carelessness.
- As the school bus approaches, line up away from the street or road. Wait until the bus has stopped and the door opens before stepping onto the roadway to board the bus.
- Use the handrail when getting onto or off of the bus.

#### Behavior on the bus:

- Once you're on the bus, find a seat and sit down. Never put head, arms or hands out of the window. Try to keep the noise level down as it can distract the driver.
- Keep aisles clear -- books or bags are tripping hazards and can block the way in an emergency.
- Before you reach your stop, get ready to leave by gathering your books and belongings.
- At your stop, wait for the bus to stop completely before you get up from your seat. Then, walk to the front door and exit.

#### Getting off the school bus:

- Step away from the bus immediately. Always keep a safe distance from the bus.
- If you have to cross the street in front of the bus, walk at least ten feet ahead of the bus along the side of the road, until you can turn around and see the driver. Make sure that the driver can see you. Wait for a signal from the driver before beginning to cross. When the driver signals, walk across the road. Watch out for sudden traffic changes.
- Do not cross the centerline of the road until the driver has signaled that it is safe for you to begin walking.
- Stay away from the bus' rear wheels at all times.

## **Additional Assistance: Tips for Parents of Students with Disabilities**

### Paperwork

- Review your child's IEP.
- Become familiar with the handbook for all students.
- Establish a place to keep school handouts / letters to parents.

Being prepared for school is as important for the child with the disability and his parents as for school personnel. Think positively. Establish rapport with the school and routine at home early in the game. You will have set the foundation for a great year!

Read more by clicking on [Special Needs Parenting](#).

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## **Student Resource: *Know How to Go KY***

In order to turn Kentucky students' college dreams into action-oriented goals, Kentucky's Council on Postsecondary Education launched the KnowHow2GoKy campaign in 2008. KnowHow2GoKy is a multiyear, multimedia effort designed to encourage more Kentuckians to plan, enroll and succeed in college.

This site primarily targets middle and high school students, and their parents, with motivational content to encourage them to get ready for college. This site primarily targets middle and high school students, and their parents, with motivational content to encourage them to get ready for college. The site also includes components that target nontraditional audiences, including transfer students, GED students and graduates, and adult learners.

For more information, visit [KnowHow2GoKy](#).

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## **Parent Resource: *The Role of Parents in Dropout Prevention: Strategies that Promote Graduation and School Achievement***

Students who drop out of school face a difficult future. For students with disabilities, the risks are intensified. Their dropout rate is about 40 percent - more than twice that of their peers without disabilities.

However, families can play an important role in making sure their student with or without disabilities graduates. Staying involved in your teen's life during middle school and high school is critical.

To review this parent information, click on [Parent Brief](#).

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### **REFERENCE POINTS: *Website Offers GED Support***

The E-Learn, Inc. web site has numerous free articles and information developed to support adult learners preparing for the GED and the networks that serve them. The articles include frequently asked questions, GED eligibility, study skills, test tips, scores and how to get motivated and manage test anxiety. Articles also address GED benefits and resources, from where to take tests and why they're valuable, to guides for finding financial aid and support.

To view the articles visit: <http://www.passged.com/>.

*Note: REFERENCE POINTS, transition updates from the TATRA Project, features resources and information to help parent organizations, advocates and professionals better serve adolescents and young adults with disabilities, and their families. Administered by the TATRA Project at PACER Center [www.pacer.org](http://www.pacer.org), REFERENCE POINTS was launched with the initial support from the National Center on Secondary Education and Transition [www.ncset.org](http://www.ncset.org). TATRA is funded by the U.S. Department of Education, Rehabilitation Services Administration.*

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### **Watch for Public Service Announcement at Your High School**

The Youth and Family Leadership Subcommittee of the Kentucky State Interagency Transition Council has produced a Public Service Announcement (PSA) for reaching and informing youth, family members, educators, and others about transition. This project was made possible with funding from the KY Protection and Advocacy. This PSA featuring youth is another attempt to appeal to students and get their attention in order to increase their knowledge of their rights to appropriate transition planning. High Schools in Kentucky will be given the opportunity to obtain a copy of the PSA.

You can view the PSA by clicking on the link, "Get Involved" at [www.TransitionOneStop.org](http://www.TransitionOneStop.org).

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### **Additional Assistance: *Individual Learning Plans***

The ILP is an on-line education and career planning tool made available to schools, teachers, students, and parents. It is available for students grades 6-12 and is a tool designed to help students bring together their academic achievements, extracurricular experiences, and career and education exploration activities. This enables the student, parents, teachers, and counselors to work together to develop a course of study that meets the student's needs and goals.

Contact your school for how to access the ILP system, or for more information about ILPs, click on [Individual Learning Plans](#).



## **I Need Help! Supports and Services from Kentucky Agencies**

In each issue of ***Kentucky Transition News: Moving to Success!*** a different agency that may help with transition related issues will be featured.

### **Kentucky Community Mental Health Centers**

#### **What are Community Mental Health Centers?**

Publicly-funded community services for Kentuckians with mental health, mental retardation, and substance abuse problems are provided through Kentucky's 14 regional mental health and mental retardation (MHMR) boards. Regional boards are private, nonprofit organizations established by statute and serve residents of a designated multi-county region. Each region has a Community Mental Health Center.

For information about mental health, mental retardation or substance abuse services, contact the local office of your regional MHMR board.

#### **What services do Community Mental Health Centers offer?**

Many services are available for children, adults, seniors, and families. A sample of types of services are, which may vary by region are:

- **Adult Day Care:** Community-based group program designed to provide social and related supportive services for older persons.
- **Presumptive Eligibility for Pregnant Women:** Presumptive Eligibility is a program that enables eligible pregnant women to receive prenatal care through Medicaid for up to 90 days while their eligibility for full Medicaid benefits is determined.
- **Mental Health:** The Department for Mental Health and Mental Retardation Services provides leadership, in partnership with others, to prevent disability, build resilience in individuals and their communities, and facilitate recovery for people whose lives have been affected by mental illness, mental retardation or other developmental disability, substance abuse or an acquired brain injury.
- **Caregiver Support:** The Older Americans Act Amendments of 2000 established the National Family Caregivers Support Program to help families with their roles as caregivers.
- **Medical Transportation:** Provides non-emergency transportation through local brokers.

"At first people refuse to believe that a strange new thing can be done and then they begin to hope it can be done. Then they see it can be done-then it is done and all the world wonders why it was not done centuries ago."

~ Frances H. Burnett



- Personal Care Attendant: Attendant services for people 18 and older with functional loss of two or more limbs and who have the ability to hire and supervise an attendant.
- Support Group (KinCare): There are more than 65,000 children in Kentucky living with their grandparents. KinCare assists grandparents and other relative caregivers both in accessing available services which will help them better function in the caregiver role, and in identifying needs that are going unmet because some services are not being provided.

### How can I learn more?

For further information, see contact information below for your region, or go to <http://mhmr.ky.gov/cmhc/default.asp?sub23>.

#### **Four Rivers Behavioral Health**

PO Box 7287  
Paducah, KY 42001  
(270) 442-5088  
24 hour Crisis in Information Line: 1-800-592-3980

Serving Kentucky Counties: Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Livingston, Marshall, McCracken

#### **Pennyroyal MH / MR Board**

PO Box 614  
Hopkinsville, KY 42241  
(270) 886-5163 or 886-9371

Serving Kentucky Counties: Caldwell, Christian, Crittenden, Hopkins, Lyon, Muhlenberg, Todd, Trigg

#### **River Valley Behavioral Health, Inc.**

820 West Third Street  
Owensboro, KY 42301  
(270) 689-6879

Serving Kentucky Counties: Davies, Hancock, Henderson, McLean, Ohio, Union, Webster

#### **Lifeskills**

PO Box 6499  
Bowling Green, KY 42102-6499  
(270) 842-0161

Serving Kentucky Counties: Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren

#### **Communicare, Inc.**

1311 North Dixie Highway  
Elizabethtown, KY 42701  
(270) 769-3377

Serving Kentucky Counties: Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington

#### **Seven Counties Services, Inc.**

3717 Taylorsville Road  
Louisville, KY 40220  
(502) 459-5292

Serving Kentucky Counties: Bullitt, Henry, Jefferson, Oldham, Spencer, Shelby, Trimble

<p><b>Northern Kentucky MH / MR Board</b>  1201 South Ft. Thomas Avenue  Ft. Thomas, KY 41075  (859) 781-5586</p> <p>Serving Kentucky Counties: Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton</p>
<p><b>Comprehend, Inc.</b>  741 Kenton Station Road  Maysville, KY 41056  (606) 759-7161</p> <p>Serving Kentucky Counties: Bracken, Fleming, Lewis, Mason, Robertson</p>
<p><b>Pathway, Inc.</b>  PO Box 790  Ashland, KY 41105-0790  (606) 329-8588</p> <p>Serving Kentucky Counties: Bath, Boyd, Carter, Elliott, Greenup, Lawrence, Menifee, Montgomery, Morgan, Rowan</p>
<p><b>Mountain MH / MR Board</b>  150 South Front Avenue  Prestonsburg, KY 41653  (606) 886-8572</p> <p>Serving Kentucky Counties: Floyd, Johnson, Magoffin, Martin, Pike</p>
<p><b>KY River Community Care</b>  115 Rockwood Lane  Hazard, KY 41701  (606) 436-5761</p> <p>Serving Kentucky Counties: Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe</p>
<p><b>Cumberland River MH / MR Board</b>  PO Box 568  Corbin, KY 40702  (606) 528-7010</p> <p>Serving Kentucky Counties: Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley</p>
<p><b>Adanta MH / MR Board</b>  72 Southland Drive  Somerset, KY 42501  (606) 679-7348</p> <p>Serving Kentucky Counties: Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne</p>
<p><b>Bluegrass MH / MR Board</b>  250 Elaine Drive, Suite 203  Lexington, KY 40504  (859) 272-7483</p> <p>Serving Kentucky Counties: Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford</p>

**SAVE THE DATE**



## **Regional Parent/Professional 1-Day Mini Conference**

### **TO BE HELD IN 2 LOCATIONS**

Saturday, September 19, 2009  
9:00 am to 4:00 pm  
EKU, Perkins Building, Richmond

AND

Saturday, October 10, 2009  
9:00 am to 4:00 pm  
Herald Whitaker Middle School, Salyersville

### **CONTACT**

Carol Brooks, Berea RTC/PRC, 859-986-1929  
Ginger Brashear, UCSEC/PRC, 606-549-7001 Ext. 4411

6 hours Professional Development Credit available.  
Emergency/Probation teachers may also earn 6 clock hours of training.

## What's Happening!? Upcoming Events in Kentucky

### 44<sup>th</sup> Annual Exceptional Children's Conference The Stimulus Package for Our Kids THE GALT HOUSE, LOUISVILLE, KENTUCKY NOVEMBER 22-24, 2009

#### KEYNOTE PRESENTATION ON NOV. 23

GREAT DOOR PRIZES AFTER THE KEYNOTE! PLUS – OVER 150 BREAKOUT SESSIONS, WORKSHOPS AND INSTITUTES

- Topics will cover a variety of the major issues of the time. Over 50 exhibitors have expressed interest. A \$105.00 conference registration fee will cover your attendance and access to exhibits.
- Special hotel rates are available at the Galt House until October 23. Rates in the East are \$149 single/double; \$159 Triple; \$169 quad. Rates in the West Tower are \$119 single/double; 129 triple; 139 quad. Parking is \$12 per day. For hotel reservations contact the Galt House at 800-THE-GALT or 502-589-5200, mention "KYCEC". You may also reserve your room online – [www.galthouse.com](http://www.galthouse.com) – group code is #116227.
- Six hours of training will be offered on Sunday, November 22 as an opportunity for emergency/probationary teachers who need to get all their hours in one day, or for any others who choose to participate.

This conference is being hosted by the Kentucky Council for Exceptional Children in collaboration with the Kentucky Department of Education, Council of Administrators of Special Education, Council for Children with Behavior Disorders, Division of Early Childhood, Special Education Cooperatives, Parent Resource Centers, Regional Training Centers, Kentucky Schools for the Blind and Deaf, Learning Disabilities Association, VSA of Kentucky, KY School Board Association, and others. There is a registration form below for your convenience.

#### REGISTRATION FORMS WITHOUT PAYMENT OR P.O. ENCLOSED WILL NOT BE ACCEPTED.

44<sup>th</sup> Annual Exceptional Children's Conference  
Galt House East, Louisville, Kentucky  
November 22-24, 2009

THE FOLLOWING INFORMATION IS USED FOR MAILING YOUR CONFERENCE CONFIRMATION AND RECEIPT, SO PLEASE PRINT LEGIBLY. ONE FORM PER PARTICIPANT.

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home \_\_\_\_\_ Work \_\_\_\_\_ E-mail: \_\_\_\_\_

School District/Agency: \_\_\_\_\_

Conference Registration until November 2 \$105.00

Student Registration and Retired Educators (currently not working) until November 2 \$ 50.00

On Site registration, or ANY registration received AFTER November 2 add \$15.00

One day registration until November 2 Circle day Sun. Mon. Tues. \$ 70.00

Tuesday Awards Luncheon (Teacher of the Year and KDE Report) \$ 20.00

Total \$

Advisor's signature required for student registration \_\_\_\_\_ Check or PO # \_\_\_\_\_

Please list any special accommodations or needs \_\_\_\_\_

MAKE CHECK OR P.O. PAYABLE TO KYCEC (or Kentucky Council for Exceptional Children).

BE SURE YOUR CHECK OR P.O. ACCOMPANIES YOUR REGISTRATION FORM.

DO NOT SEND REGISTRATION FORM WITHOUT PAYMENT.

MAIL OR FAX THIS FORM AND YOUR PAYMENT TO: Fall Conference, Attn. Bill Porter, PO Box 991, Franklin, KY 42135; fax 270-586-2809.